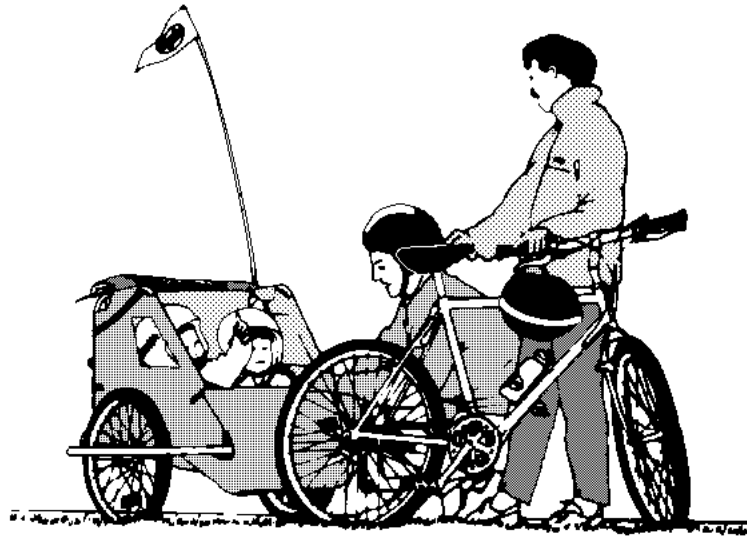




MANSCEN Safety Office Bicycle Safety



Statistics

- **758 bicyclists were killed in crashes with motor vehicles in 1998. This is 6 percent fewer than in 1997 and down 24 percent since 1975.**
- **Bicycle deaths are most likely to occur in summer. The peak time is 3-9 pm.**
- **Ninety-eight percent of bicyclists killed in 1998 reportedly weren't wearing helmets**
- **Thirty percent of bicycle deaths in 1998 were riders younger than 16**

Statistics

- **About 7 times as many bicycle deaths are males compared with females.**
- **Bicycle deaths per million people rise rapidly for males beginning at about 5 years old and are the highest among 13- and 14- year-olds.**
- **Deaths of older bicyclists are an increasing problem.**

Statistics

- **Death rates are also high among 10-12 year-old males.**
- **Seventy percent of 1998 bicycle deaths were riders 16 years and older. This compares with 32 percent of bicycle deaths in 1975.**
- **More bicyclists were killed in urban areas than in rural areas (63 percent compared with 37 percent) in 1998.**

Statistics

- **Thirty-two percent of bicycle deaths in 1998 occurred at intersections.**
- **Fifty-nine percent of bicycle deaths in 1998 occurred on major roads, and 36 percent occurred on local roads.**
- **Adult bicyclists are more likely than children to be killed on major roads (66% Vs. 45%)**

Prevention

What can you do to prevent becoming a s

Safety check:

Make sure your bike is the proper size.

Check to see if your bike seat is adjust

Make sure you have reflectors.

Prevention

Safety Check: (cont.)

Check your bike's chain.

Check your brakes for even pressure.

Make sure your tires are properly inflated.



Myths and Facts about helmets

Myth - Helmets aren't cool.

Fact - Helmets are designed to help prevent injury to your skull and your brain.

Myth - Helmets just aren't comfortable.

Fact - Helmets today are lightweight and comfortable.

**Wear a
helmet!!**

Myths and Facts about helmets

Myth - I have never worn a helmet and nothing has happened to me so far.

Fact - Crashes can occur at any time.

Myth - I just don't want anyone to see me wearing a helmet.

Fact - Wait! That's the point

City Biking Tips

Always ride on the RIGHT.

Ride single file.

Always check behind you when changing lanes.

Watch out for dangerous things in the road.

Stop at all stop signs and at all street lights.

City Biking Tips

Always signal before making a left or right turn.

Keep control of your bike.

Ride at least 3 feet away from parked cars.

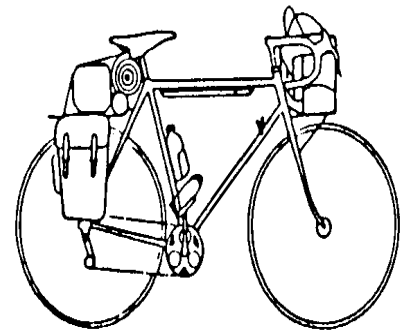
Listen for cars approaching from the side or behind.

Don't follow cars too closely.

City Biking Tips

Know your road signs and obey them.

(And finally!) Always be prepared to stop



Dress For Success

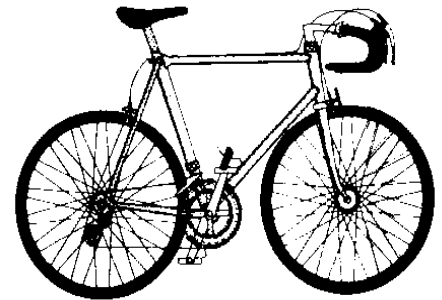
- **Fluorescent green, yellow or orange are all great choices. If you're wearing these colors, other bikers, motorists and pedestrians will be able to see you better.**
- **Look for fabrics that are cool and lightweight. (You can really work up a swear biking!) If it's cool outside, dress in layers. You can peel off clothing as you start to get warmer.**
- **For riding comfort at night (which we don't recommend for anyone) you'll need clothing with retro-reflective materials sewn onto it. You'll also need one light source, like a headlamp.**

Dress For Success

- **Make sure the straps of your backpack, loose clothing or anything else isn't going to catch in the wheels of the bike, and cause you to lose control.**
- **Last but not least -- don't forget to wear your helmet!!**

What Not to Wear!

- **Headphones are a no-no! You won't be able to hear what is going on around you.**
- **Clothing that's too loose.**
- **Inappropriate shoes. (High-heels, Slippers, Bowling shoes)**
- **Dark Clothes**



Bikers Beware

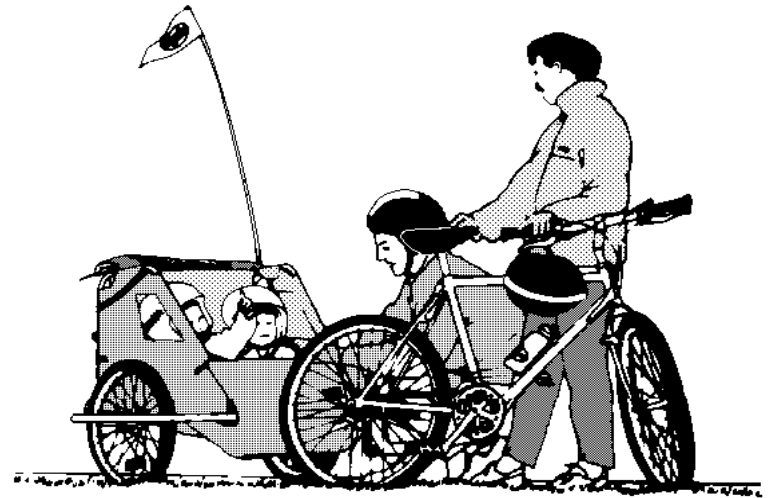
- **Bikers should always stop and look for traffic when entering the road; especially from a driveway, alley or curb. Always stop at a stop sign or red light.**
- **Go with the flow of traffic. Ride on the right. The same way as a car.**
- **Avoid riding at night. Avoid dark conditions, narrow roads, and roads with cars traveling faster than 35 mph. If you have to ride at night, use reflectors, lights and retro-reflective clothing.**

Bikers Beware

- **Be predictable. Ride in a straight line. Look behind you before changing lanes or turning, use your hand signal and proceed carefully.**
- **Obey all traffic signs and signals. Walk your bicycle across busy intersections.**

Bikers Beware

- **Watch out for: wet leaves, puddles of water, patches of ice, loose gravel, rocks, broken glass and cracks in the road.**
- **Be prepared to ride a obstacles: watch out es for storm grates, railroad tracks and opening car**



Group Riding Safety and Etiquette

- **Teamwork**
- **Be Predictable**

- **Communicate**
- **Hand Signals**
- **Verbal Warnings**

Group Riding Safety and Etiquette (cont.)

- **Announce Hazards.**
- **Change Positions Correctly.**
- **Watch for Traffic Approaching From the Rear.**
- **Watch Out at Intersections.**
- **Move Off the Road When You Stop.**
- **Ride One or Two Across.**
- **Wait at Turns.**
- **Two at The End**

MANSCEN Safety Office

Be Safe!! And Happy Biking!!